



Quínoa, Amaranth Bars

½ cup red quínoa cooked
½ cup whit quinoa cooked
½ cup black quinoa cooked
¼ cup Amaranth, popped
¼ cup coconut
1 cup maple syrup
5 eggs

Method for Popping Amaranth

1. PLACE THE SKILLET ON THE STOVE OVER HIGH HEAT. LET THE SKILLET BECOME HOT ENOUGH THAT A DROP OF WATER DISAPPEARS WHEN YOU DROP IT ON THE SURFACE.
2. PUT A SPOONFUL OF AMARANTH INTO THE SKILLET.
3. SHAKE THE SKILLET OR STIR THE SEEDS UNTIL ALL OF THE AMARANTH HAS POPPED. THIS WILL TAKE ABOUT 15 - 20 SECONDS PER SPOONFUL.
4. REMOVE THE POPPED SEEDS FROM THE SKILLET AND REPEAT WITH THE REMAINING AMARANTH. YOU WILL HAVE ABOUT 2 CUPS OF POPPED SEEDS

Method for Bar

1. IN A SEPARATE BOWL COMBINE ALL THE QUINOA, AMARANTH, COCONUT AND SET ASIDE.
2. IN ANOTHER BOWL COMBINE MAPLE SYRUP AND EGGS AND MIX WELL. COMBINE WITH QUINOA MIXTURE
3. PLACE MIX IN A 9 X 11 BAKING DISH AND BAKE AT 350 DEGREES FOR 10-15 MIN UNTIL THE CENTER IS FIRM AND SET.
4. REMOVE AND LET COOL COMPLETELY AND CUT INTO BARS AND SERVE